



WebXchange: MFRC Innovative Ideas

R2MR: How to set up a great session in 1 hour flat

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How to promote and deliver R2MR



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Objective

1. Share our best practice in delivering R2MR
 1. Its in everything I do (the next three slides are my 1st three from my general and pre-deployment brief
2. Tailor the presentation to your group
 1. (i.e.: do you have spouses no kids vs parents vs parents of soldier in your group)
3. How we advertise
 1. Facebook
 2. Website www.cafconnection.com
 3. Email to all units adj.'s and chief clerks
 4. Deployment newsletter
 5. Dag and clear-ins
4. Challenges and brainstorm



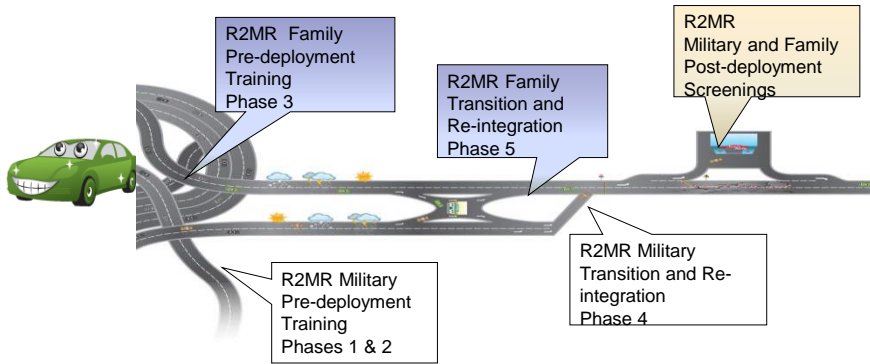
Soldiers' YOUR absence has a ripple effect



Are your LOVED ONES Deployment Ready?



Road to Mental Readiness



On-going training is available for families, Contact me for info

A creative approach to programming! Une approche créative à la programmation!

Family Adaptation Curve – Traditional Deployment



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+ Taylor your presentation to your audience

- Our deployment readiness workshop has removed these sections from the R2MR
 - Goals
 - Self-care
 - Only one slide of MHC
- Deployment information for kids or parenting is given separately.
- We also added information on
 - HLTA
 - Opsec
 - Communication and Mail
- As interactive tools we use our smart board to show the
 - Introduce the R2MR APP and how to use it
 - We introduce our Op Family readiness tool
 - Deployment APP (from Esquimalt)
- Use room setting and participant placement for small group discussion.



+ Promoting your R2MR

Is your soldier leaving soon -- or has recently left -- for a deployment, course or exercise?

Deployment Readiness for families

September 26
1:30 - 3:30 PM or 6:00 - 8:00 PM
Employment Service - Unit E - (3025 Petawawa Blvd)

This is a pre-deployment information session.
Topics include:

• Logistics	• OPSEC
• Self-Care	• HLTA
• Support	• Morale mail
• Information & resources	• Communication

Register online at CAFconnection.ca/Petawawa, in person at the South Side Community Centre (1578 Wolfe Ave.), or by calling (813) 697-2104 ext. 9 before September 24.






- In briefing R2MR = “ the same tools soldiers use to prepare for deployment”
- Our promotion names it as Deployment Readiness (using R2MR did not reach more families)
- During the DR I do share the intent of R2MR and that our workshop is based on this.
- Mentioned at DAG's and Clear-ins
- Offer it at least once per quarter:
 - Email all units: use poster and ask that its shared with all the unit: i.e.: Sept 26 deployment readiness 6-8 pm and the one will be January 2019.





On CAFCONNECTION

September 26 - Deployment Readiness (Afternoon)

- **When:** 1:30 - 3:30 PM
- **Where:** Employment Service - Petawawa (Unit E)
- **Registration is now closed.**

Is there a deployment in your family's future? Are you drafting a never-ending list of 'things to do' and 'questions to ask' as the day draws near?

This pre-deployment information session was designed to help families plan for deployment. Topics include: Logistics: Legal, medical and financial checklists to help you organize your family's important information

- HLTA: What you should know and things to consider when coming up with a plan
- Self-care: Practical advise to help you ensure your own well-being during deployment
- Morale mail: What you should know about care packages
- Support: What programs and services are available to you and your family
- Information and resources
- Communication: how to stay in touch with our Deployment Support Team
- OPSEC: how to protect your family, your identity and privacy during deployment
- This workshop will also address topics from R2MR (Road to Mental Readiness).

Please register by completing the form below. You can also register at the South Side Community Centre by visiting us at 1578 Wolfe Ave, or by calling (613) 687-2104 ext. 0.

This program is subsidized by the PMFRC.



Challenges and Brainstorm

- **Challenges**
 - Delivery one on one vs groups
 - Frequency of delivery
 - Keeping workshop short
- **Brainstorm solutions:**
 - Regular contact with your units for the heads up on deployments
 - Make contacts with deploying group, confirm when R2MR is offered to their soldiers.... Inform of family version
 - Military Family resiliency briefing to units as a whole.





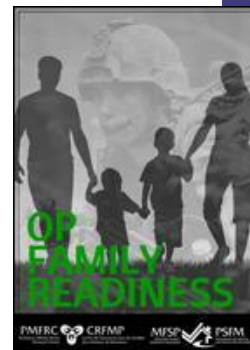
Discussion / Comments



Work Related Separation

(Deployment, Exercise, Courses, IR)

- Op Family Readiness (Binder)
 - Is a “DAC” for loved ones supporting the deployed CF member.
 - Information is power
 - When completed it guides the loved ones on how to manage the home / life events.
- Free to deployed CF members



Enhancing the ability of CAF members to be ready for duty.



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